



NUTRITION

ADVICE with CARMEN

Are **YOU** ready to get started on a **PATH** to **BETTER HEALTH** through **NUTRITION**?

Registered Dietitian, **CARMEN ROBERTS**, is available for **FREE**, **VIRTUAL NUTRITION CONSULTATIONS** via phone or videoconference.

During your personal, 30-minute session, Carmen can answer questions about diet, nutrition, and the impact of food on your health, as well as address any other health or nutrition concerns.

POTENTIAL TOPICS TO DISCUSS:

- weight management
- diabetes
- cardiovascular disease
- food allergies
- healthy eating habits

Register at <https://bit.ly/3OqKZgj> for your Virtual Nutrition Consultation



Carmen Roberts, MS, RD, LDN, has been serving as the Consulting Nutritionist for the Howard County 50+ Centers since April 2018. She has 25 years of experience in nutritional counseling, education and writing, and has won several awards at the state and national level for her work as a dietitian.

Carmen enjoys teaching the local community about the role of nutrition in health, wellness and chronic disease prevention.



Howard County Office on
Aging and Independence
Department of Community Resources and Services

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